

DISTRICT 6 CROSS COUNTRY CHAMPIONSHIPS

OCTOBER 30, 2010

INDIAN VALLEY MIDDLE SCHOOL

Awards: Awards will be given following the completion of the Junior Varsity races. A District 6 Championship trophy will be awarded to the first place teams in each AAA and AA Boys and Girls Varsity race. The seven runners for the first place teams will also receive a team champion medal. Medals will be awarded to the top ten finishers in each race.

Only seven (7) Junior Varsity runners from the same school may win awards.

ADVANCEMENT TO THE STATE MEET

Coaches having an individual or team qualifying for the State Meet must pick up a copy of the instructions from the Meet Director at the end of the meet. The Meet Director will need school name, all individuals' full names and grades before you leave. In addition, the coaches should indicate any contestants who placed in the Top 20 at the State Championships in previous years.

DIRECTIONS TO INDIAN VALLEY MIDDLE SCHOOL

Traveling US Route 322 (East or West), take the Milroy exit. Turn right at the traffic light. School will be on your left within two minutes.

DISTRICT 6 MEET COURSE RECORDS

New course (2001) – Indian Valley Middle School

CLASS	NAME	SCHOOL	YEAR	TIME
AA Girls	Carly Seymour	Central Cambria	2007	17:39
AAA Girls	Katherine Ward	State College	2005	19:00
AA Boys	David Mock	Westmont Hilltop	2003	15:31
AAA Boys	Wade Endress	Altoona	2009	16:06

DISTRICT 6 Cross Country Championship Meet

Meet Day

Coaches,

Many of the problems we encounter in interscholastic sports are due to a lack of communication. I would like to remind everyone (coaches and athletes) of the PIAA rules concerning cross-country.

1. Athletes must wear a **school-issued Track and Field or cross-country uniforms** when competing- jersey, shorts and shoes.
 - a. Uniform Rule (4-21) The competitors uniform shall be issued by the school and worn as intended.
 - b. Undergarments visible under the jersey need not be the same color as undergarments under the shorts. Any visible apparel worn under the jersey and shorts must be of a single (same solid) color. All teammates' undergarments visible under the jersey must be of the same solid color. Shorts may vary in length and style but must be of the same color and undergarments visible under the shorts must be of the same color for all team members. **All runners must match totally in color.**
 - c. "Scrungies" are acceptable provided they do not exceed 2" in width and are not adorned. All hair control must of a single color. No metal in the hair.
 - d. Athletes must wear their entire uniform until they exited the chute.
2. No jewelry, sunglasses, hats or other head coverings, bracelets, wristbands or ankle bracelets (hard or soft) may be worn during competition. Tape over earrings is a myth. **NO EARRINGS.**
3. Use of tobacco products is prohibited for athletes and coaches.
4. Any kind of taunting is unacceptable for athletes, coaches, and managers.
5. The primary responsibility for adhering to the PIAA rules is that of the competitor and competitor's coach.

PIAA Officials,	Schedule: 9:30 am	Course touring
Teena Sunberg, Starter/Referee	10:30 am	Coaches meeting
Bill Solava	11:00 am	Class AA Girls
Don Spangler	11:45 am	Class AAA Girls
Rick Penepacker	12:30 pm	Class AA Boys
	1:05 pm	Class AAA Boys
	1:40 pm	Junior Varsity Girls
	2:25 pm	Junior Varsity Boys
<u>Times are tentative. We may run earlier or later!</u>	3:00 pm	Awards

PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION

DISTRICT 6 CROSS COUNTRY CHAMPIONSHIPS

Indian Valley Middle School *** Saturday, October 30th, 2010

Don Hosterman

PIAA District 6 Cross Country Tournament Director

The Course: A 5,000-meter grass course with excellent footing and minor variations in elevation. The course requires runners to cross roads six (6) times.

<i>Estimated Time Schedule:</i>	9:30 am	-	Course Touring
	10:30 am	-	Head Coaches Meeting
	11:00 am	-	Class AA Girls
	11:45 am	-	Class AAA Girls
	12:30 pm	-	Class AA Boys
	1:05 pm	-	Class AAA Boys
	1:40 pm	-	Junior Varsity Girls
	2:25 pm	-	Junior Varsity Boys
	3:00 pm	-	Awards

Facilities: The locker rooms and restrooms will be available until the end of the meet. Please remind your athletes they are not to be in any other part of the building.

Entries: Each school may enter seven (7) participants in the Varsity races. We will once again sponsor a Junior Varsity race for boys and girls. **Junior Varsity entries are unlimited; only seven (7) runners from the same team may win awards.** Seniors are not permitted to run in the Junior Varsity races. Schools may not enter the Junior Varsity races without entries in the Varsity contest.

Scoring: The first (5) runners score. The 6th and 7th runners displace.

Team Standing: Standings will be decided according to convention- the lowest aggregate score of the first five (5) runners of each team.

Entry Fee: The entry fee is \$7.00 per student-athlete entered in the Varsity and Junior Varsity races. If you have three (3) or less runners, the fee is \$25.00 per school. Make checks payable to: PIAA District 6.

Mail entries to: Bill Solava
PIAA District 6 Cross Country Meet Director
26 Park Drive
Reedsville, PA 17084

ALL ENTRY FORMS AND ENTRY FEES MUST ARRIVE BY 3:00 PM ON THURSDAY, OCTOBER 21, 2010.

Entries may be faxed to (717) 667-6608, **BUT** entry fees must be mailed so as to arrive by **3:00 pm on Thursday, October 21, 2010.**